(12) UK Patent Application (19) GB (11) 2 344 288 (13) A

(43) Date of A Publication 07.06.2000

(21) Application No 9912805.0

(22) Date of Filing 03.06.1999

(30) Priority Data
(31) 9824337 (32) 07.11.1998 (33) GB

(71) Applicant(s)
Alison Jane Bourne
9 Barton Lane, Barton on Sea, NEW MILTON, Hants, BH25 7PQ, United Kingdom

(72) Inventor(s)
Alison Jane Bourne

(74) Agent and/or Address for Service
Martin John Waldegrave Atchley
60A Christchurch Road, WINCHESTER, Hampshire, S023 9SY, United Kingdom

(51) INT CL[7]
A63B 23/18

(52) UK CL (Edition R)
A5K K6

(56) Documents Cited
GB 2268863 A GB 1282112 A EP 0329476 A2
US 4761137 A

(58) Field of Search
UK CL (Edition Q) A5K K4 K5 K6 , G2J J13B3 J27C J27E , G5G G4
INT CL[6] A63B 23/18 , G09B 19/00 29/00
Online: EPODOC, WPI, DIALOG/MEDICINE, CLAIMS

(54) Abstract Title
Apparatus for use in colour breathing

(57) The apparatus comprises at least one object having on its surface an annular coloured region in which the shade of the colour changes progressively from a central area of the region to its periphery.The object may be a disc or sheet 1 printed or coated with an annular region 2 in a selected colour, particularly a colour associated with one of the major chakras, the shade of which increases progressively from relatively pale at the outer edge of the centre part 3 to relatively dark at the periphery 4. Alternatively, the object may be a conical body 21, the internal surface 24 of which is coloured to increase progressively in shade from relatively pale at the inner end 22 to dark at the outer end 23, or may comprise a computer or TV screen, a screen in association with projection apparatus, or an LED display, whereby selected characteristics of the annular coloured region may be modified.

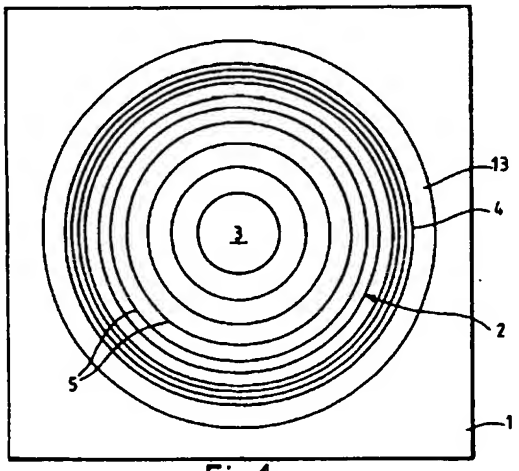

Fig.1.

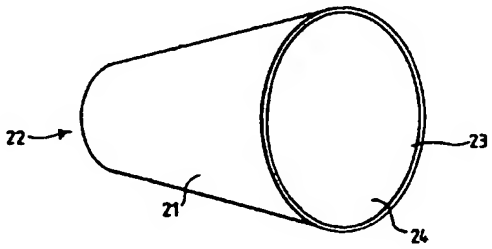

Fig.3.

GB 2 344 288 A

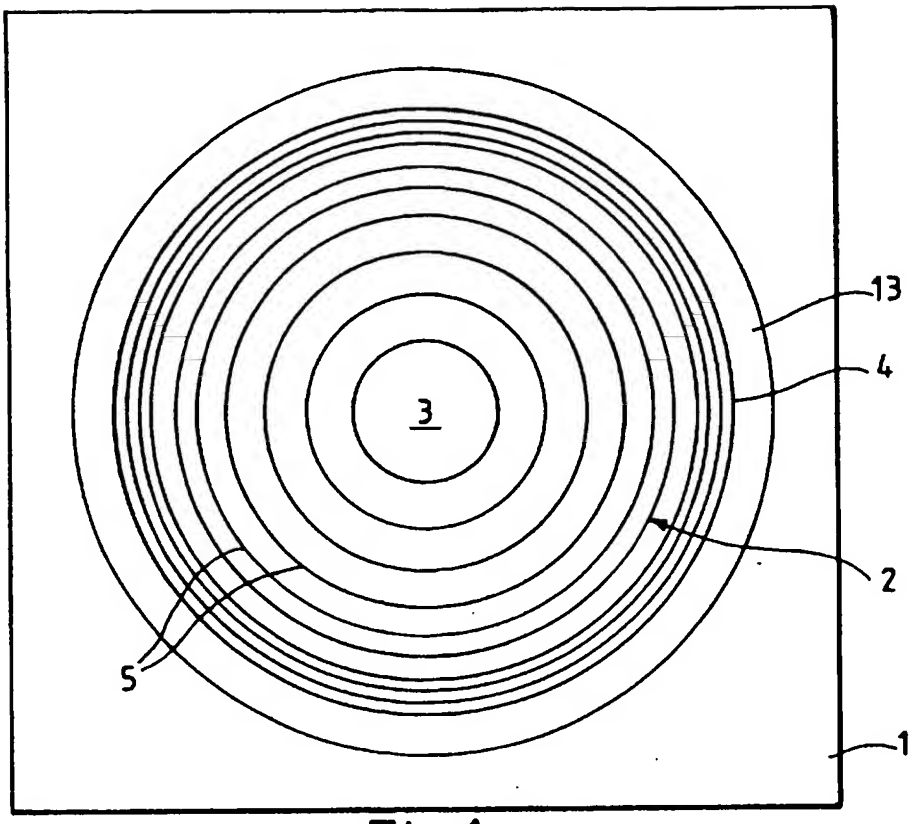

Fig.1.

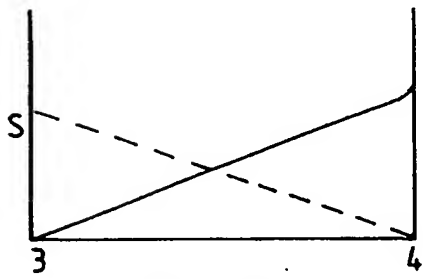

Fig.2a.

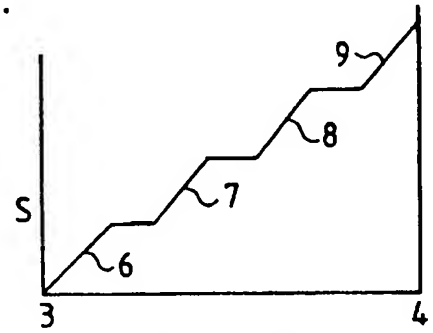

Fig.2b.

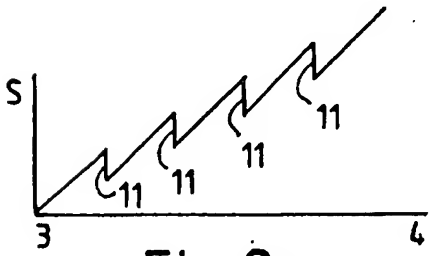

Fig.2c.

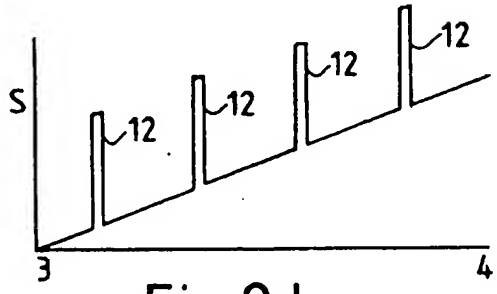

Fig.2d.

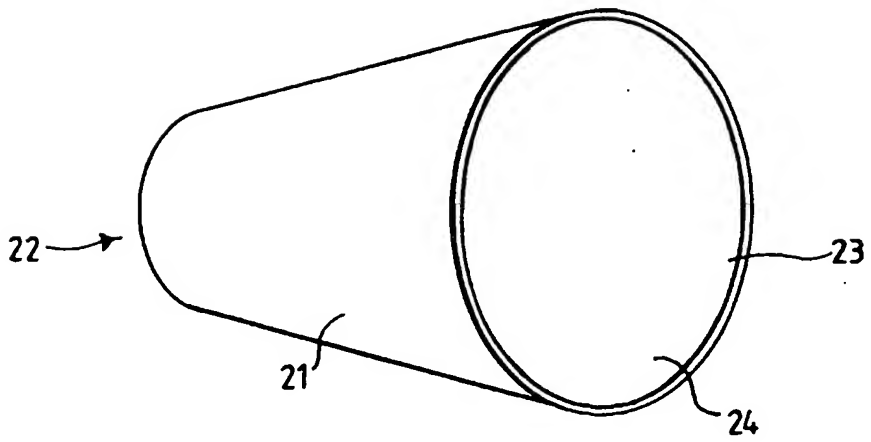

Fig.3.

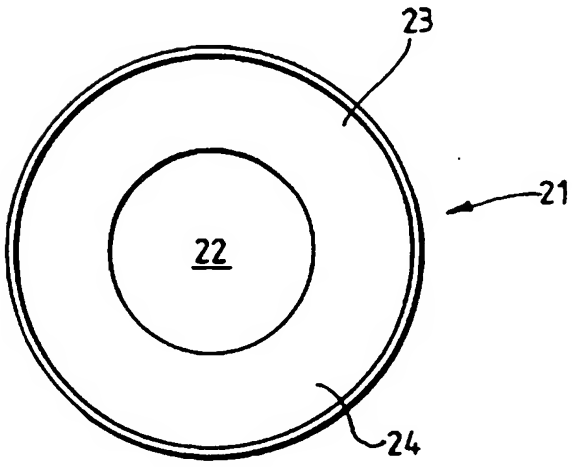

Fig.4.

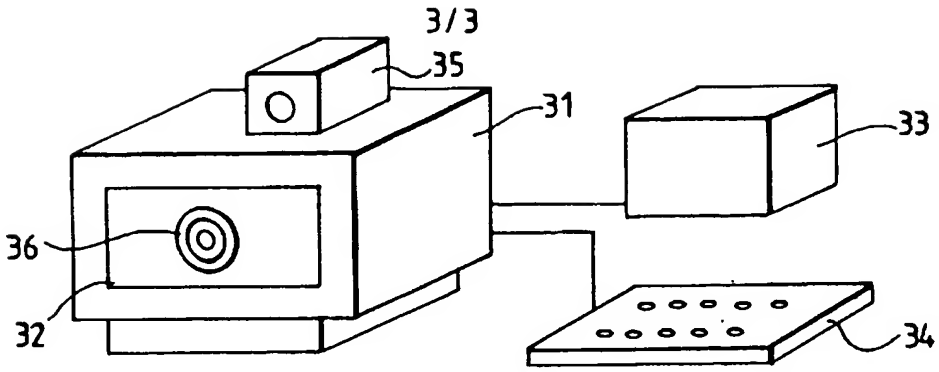

Fig.5.

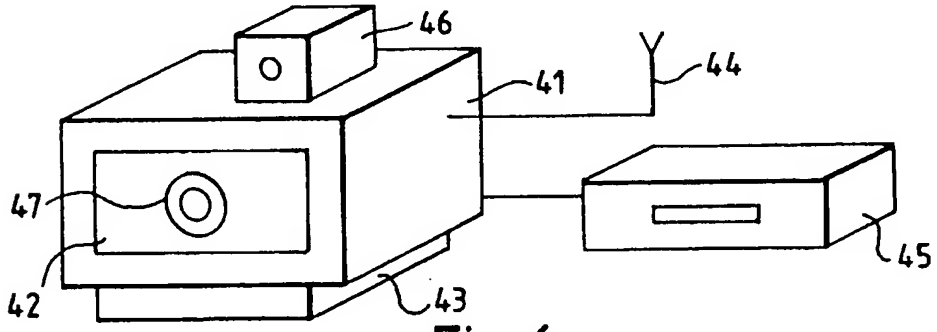

Fig.6.

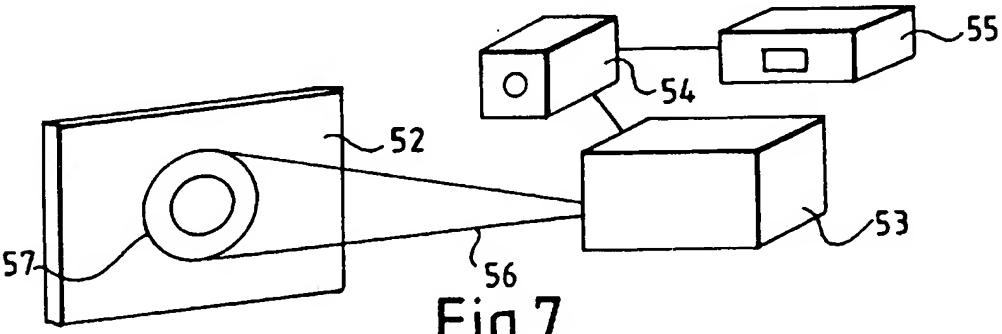

Fig.7.

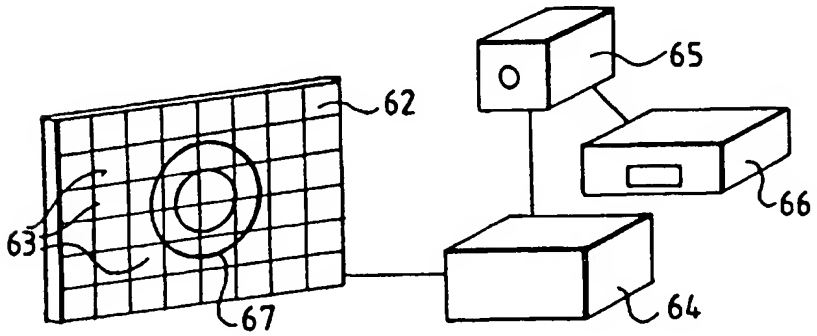

Fig.8.

Apparatus for Use in Colour Breathing

The present invention relates to the therapeutic practice known as colour breathing and in particular to apparatus for use in colour breathing. The present invention is partially described in co-pending United Kingdom Patent Application No 9824337.1.

It is well known that, to enhance the body, mind and spirit functions of a person, deep and regular breathing is an essential and beneficial aid to the necessary relaxation process and that it is possible to channel the relaxation into those parts of the body in which resistance and tension are being experienced. It is also well known that the relaxation which can result from deep and regular breathing can be increased by concentrating the mind on a specific colour while breathing. By choosing certain colours, different types of relaxation can be experienced. The same colour can be concentrated on during the breathing, or one colour can be concentrated on while breathing "in" and a different colour concentrated on while breathing "out".

It is known that there exist in the human body a number of chakras or centres of energy which are mainly positioned along different parts of the spinal column. Each chakra is associated with particular regions of the body and with a particular colour or colours. The major chakras are numbered from the bottom of the spinal column to the top of the head and are associated with different regions of the body and colours as follows:

Major Chakras	Name	Regions of body	Dominant Colour
Chakra 1	Base	Coccyx, spinal column, kidneys	Red
Chakra 2	Sacral	Reproductive system	Orange
Chakra 3	Solar plexus	Stomach, digestive system, liver, gall bladder, nervous system	Yellow
Chakra 4	Heart	Heart, blood, circulatory system, lungs	Green
Chakra 5	Throat	Bronchial and vocal apparatus, lungs, alimentary canal	Blue

Major Chakras	Name	Regions of body	Dominant Colour
Chakra 6	Head	Brain (right), eyes, ears, nose, nervous system	Indigo
Chakra 7	Crown	Brain (left)	Magenta or gold

By concentrating on the colour or colours associated with a particular chakra during deep and regular breathing, each region of the body associated with that chakra benefits from the effect of the colour breathing. It is therefore possible to relax and benefit any selected region of the body by concentrating, during deep and regular breathing, on the colour or colours associated with the chakra which is associated with the selected region of the body.

The object of the present invention is to provide apparatus for use in colour breathing which tends to increase the benefits derived from the colour breathing.

According to the present invention apparatus for use in colour breathing comprises at least one object having on its surface an annular coloured region in which the shade of the colour changes progressively from the centre of the annular region to the periphery of the region.

By looking at the annular coloured region of the object while breathing deeply and regularly during colour breathing a person will be able to concentrate more deeply on the colour of the annular region and thereby increase the benefits obtained from the colour breathing. It is found that progressive increases in the shade of the colour in the annular coloured region produce for the person a "tunnel effect" which tends to concentrate the mind of the person and to enhance the effect produced by the colour breathing.

The annular coloured region is preferably of only one colour. The progressive change in shade of the colour of the annular coloured region may be an increase or a decrease. The progressive colour shade change from the centre to the periphery of the annular region may be at a constant rate or may be at different

rates at different radial distances from the centre of the annular region and may include both increases and decreases in colour shade over short radial distances.

The centre of the annular region may be of a colour different from the colour of the annular region. Further, the portion of the object beyond the periphery of the annular region may be of a colour different from the colour of the annular region.

Preferably the colour in the annular region is the colour associated with one of the chakras, preferably one of the major chakras.

The object may be a two dimensional sheet or disc of paper or card (laminated or otherwise) or of a plastic material (moulded or otherwise) or of a fabric. Alternatively, the object may be three dimensional and may be made from a plastic material or similar material (moulded or otherwise).

The apparatus may comprise at least two objects of the above type each having on its surface a different coloured annular region. The colours may be those which are associated with the major chakras.

According to another aspect, the invention comprises the use of apparatus of the above type during colour breathing in which the person performing the colour breathing looks steadily at one of the objects having an annular coloured region of the colour to be concentrated on.

According to a further aspect of the invention, the apparatus comprises means for modifying selected characteristics of the annular coloured region.

The characteristics of the annular coloured region which may be modified include the position, the size and the colour of the region and the changes in the shade of the colour.

The modifying means may modify the selected characteristics of the annular coloured region in a random way or in accordance with a predetermined sequence of

modifications. The characteristics may be modified continuously or intermittently in accordance with signals supplied to the modifying means or may be modified as required by a person looking at the object and operating the modifying means.

The position of the annular coloured region on the surface of the object may be modified so that the annular coloured region moves over the surface. The colour of the annular coloured region may modified so as to change from the colour associated with one chakra to the colour associated with another chakra. The way in which the shade of the colour in the annular region changes may be modified so as to change the appearance of the annular region.

The object may be the screen of a computer video display unit on which the annular coloured region is displayed. The characteristics of the annular coloured region may be modified manually by a person looking at the annular coloured region or may be modified by the control system within the video display unit. The annular coloured region may be displayed as a "screen saver" when the computer is temporarily not being used.

Alternatively, the object may be the screen of a television apparatus on which the annular coloured region is displayed. The characteristics of the annular coloured region may be modified by television signals transmitted to the television apparatus or by signals from a video tape being transmitted to the television apparatus.

As a further alternative, the object may be the two or three dimensional screen of an image display apparatus on which the annular coloured region is displayed. The image displayed, including the annular coloured region, may be produced by a beam of light from a projector being passed through a cinematograph film or a set of slides, or some other form of optical system, onto the screen. The characteristics of the annular coloured region may be modified by the cinematograph film or the set of slides or the other form of optical system. The light beam may be a laser beam.

As a still further alternative, the object may be any two or three dimensional surface formed from an array of light emitting elements. The annular coloured region will be formed on the surface by the light emitting elements. The characteristics of the annular coloured region will be modified by modifying the output of the light emitting elements, either manually or by a control system.

In all these arrangements the colour of the annular coloured region may be modified by a person looking at the object so that the colour is that which is associated with a particular selected chakra.

The invention may also comprise means for producing sounds, such as music and speech, simultaneously with displaying the annular coloured region so that a person looking at the annular region hears the sounds .

According to yet another aspect, the invention comprises the use of apparatus of the above type during colour breathing in which the person practising the colour breathing looks steadily at the object while selected characteristics of the annular coloured region are modified as described above either by the person looking at the object or otherwise.

In order that the invention may be more readily understood an embodiment will now be described with reference to the accompanying drawings, in which:

Figure 1 is a plan view of a two dimensional object on the surface of which is formed an annular coloured region in accordance with the invention,

Figures 2a, 2b, 2c and 2d are graphs showing different rates of change in the shade of the colour in the annular coloured region formed on the object illustrated in Figure 1,

Figure 3 is a perspective view of a three dimensional object on the surface of which has been formed an annular coloured region in accordance with the invention,

Figure 4 is an end view of the object illustrated in Figure 3,

Figure 5 is a diagrammatic view of a computer system including a video display unit on the screen of which has been formed an annular coloured region in accordance with the invention,

Figure 6 is a diagrammatic view of television apparatus on the screen of which has been formed an annular coloured region in accordance with the invention,

Figure 7 is a diagrammatic view of an image display apparatus including a screen on which has been formed by a light beam projection system an annular coloured region in accordance with the invention, and

Figure 8 is a diagrammatic view of an array of light emitting elements on which an annular coloured region in accordance with the invention has been formed by the light emitting elements.

With reference to Figure 1, a two dimensional object in accordance with the invention comprises a flat sheet 1 the surface of which has been printed with or coated with or formed from a suitable material to form an annular region 2 in a selected colour. The annular region 2 has a central part 3 and a periphery 4. The shade of the colour in the annular region 2 increases progressively from a relatively pale shade at the radially outer edge of the central part 3 to a relatively dark shade at the periphery 4. This is represented in Figure 1 by a set of concentric circles 5, in the annular region 2, at distances apart radially which decrease from the central part 3 to the periphery 4.

Different forms of the progressive increases in the shade are illustrated in Figures 2a, 2b, 2c and 2d. Figure 2a illustrates an increase in shade S at a constant rate from a pale shade at the central part 3 of the annular region 2 to a darker shade at the periphery 4 of the annular region 2. Figure 2b illustrates gradual increases in shade S in steps 6, 7, 8 and 9 representing increases in shade in steps at different radial distances from the central part 3. The steps may not be equal in length or at

equal radial distances apart. Further the rate of increase of shade S in each step may not be the same.

Figure 2c illustrates a series of sharp reversals 11 in the direction of change of shade S in which the shade decreases to a paler shade at different radial distances from the central part 3. Figure 2d illustrates a series of short increases in shade 12 at different radial distances from the central part 3 with returns to the paler shade.

In an alternative arrangement (not illustrated) the shade S of the colour in the annular region 2 decreases progressively from a relatively dark shade at the radially outer edge of the central part 3 to a relatively pale shade at the periphery 4, as illustrated by the dotted line in Figure 2a. With this arrangement the changes in shade S may include changes in steps and reversals and short increases and decreases as illustrated in Figures 2b, 2c and 2d.

A narrow annular region 13 outside the periphery 4 of the annular region 2 may be printed with or coated with or formed from a material of a colour different from the colour of the annular region 2.

The central part 3 may be printed with or coated with or formed from a material of a colour which differs from the colour in the annular region 2 and may be of a shade which is either darker or paler than the shade of the colour in the annular region 2.

The colour of the annular region 2 may be chosen to correspond to one of the major chakras. The colour chosen can therefore be red (chakra 1), orange (chakra 2), yellow (chakra 3), green (chakra 4), blue (chakra 5), indigo (chakra 6) and magenta or gold (chakra 7).

An alternative form of an object in accordance with the invention is illustrated in Figures 3 and 4. The object is three dimensional and comprises a conical body 21 open at each end 22, 23. Alternatively, either or both of the ends 22, 23 may be

closed with a translucent sheet (not illustrated). The inner annular surface 24 of the body 21 is printed with or coated with or formed from a material of a selected colour or colours. The shade of the colour of the annular surface 24 may increase progressively from a relatively pale shade at the inner end 22 to a relatively dark shade at the outer end 23, in the same way as the shade of the annular region 2 in the two dimensional object illustrated in Figure 1. The shade of the colour of the annular surface 24 may alternatively decrease from a relatively dark shade at the inner end 22 to a relatively pale shade at the outer end 23.

The shade of the colour of the annular surface 24 may also change as illustrated in Figures 2b, 2c and 2d.

The inner end 22 of the conical body 21 may be illuminated by a light, coloured or otherwise. The shade and colour of the illumination used may correspond with the colour of the annular surface 24. The illumination may be intermittent and may change its colour intermittently or periodically. The illumination may be provided by an optical fibre extending around the inner end 22 and connected to a source of light.

It will be appreciated that the coloured annular surface 24, the inner end 22 and the outer end 23 of the conical body 21 illustrated in Figures 3 and 4 are equivalent respectively to the coloured annular region 2, the central part 3 and the periphery 4 of the sheet or disc 1 illustrated in Figure 1.

Apparatus comprising the flat sheet 1 or the conical body 21 may be used in the therapeutic practice known as colour breathing in which the person undergoing the therapy is encouraged to concentrate on a particular colour while breathing deeply and regularly. By choosing the sheet 1 or conical body 21 formed with an annular region of the colour selected and looking steadily at this sheet or conical body while concentrating on the colour and breathing deeply and regularly, the therapeutic effect of the colour breathing is found to be appreciably enhanced.

In the various types of apparatus described above with reference to Figures 1 to 4 the annular coloured region is fixed in position, size and colour and the change in shade of the colour in the annular region from the central part to the periphery is also fixed. It has been found that a person looking at this type of annular coloured region during coloured breathing derives additional benefit. It has also been found that the nature of this benefit is increased or changed if certain characteristics of the annular region are modified while the person is looking at it, either by the person or automatically by a control system. For example the position of the annular region can be changed so that the annular region moves. Also the size of the annular region can be changed. Further, the colour of the annular region can be changed, for example, from the colour associated with one chakra to the colour associated with another chakra, so that the person looking at it sees different colours. Still further, the way in which the shade of the colour in the annular region changes progressively from the centre to the periphery of the annular region can be changed. The characteristics of the annular coloured region may be modified by a control system or by the person looking at the annular region. The person may look directly at and be focused on the annular coloured region. Alternatively, the person may not look directly at and may not be focused on the annular region, in which case the details of the annular coloured region are absorbed subliminally.

The annular coloured region illustrated in Figures 1 to 4 can be complemented with sounds such a music and/or speech to increase the benefits derived by the person during colour breathing. The person is more relaxed when listening to music and/or speech while looking at the coloured region 14.

Selected characteristics of an object corresponding to the annular coloured region 2 on the sheet 1 or the conical body 21 may be modified by using the types of apparatus illustrated in Figures 5, 6, 7 or 8 which operate as follows.

For example, as illustrated diagrammatically in Figure 5 a computer system comprises a video display unit 31 with a screen 32, a processor and control unit 33, a keyboard 34 and a loud speaker unit 35. When the computer system is switched ON but is not performing any task, in order not to damage the screen 32 it is

common practice to display on the screen an image 36 known as a "screen saver" which may be moving and/or changing continuously or intermittently. In accordance with the invention, the image 36 displayed includes at least one annular coloured region similar to the region 2 illustrated in Figures 1, 2a, 2b, 2c and 2d. Selected characteristics of each annular coloured region are modified in accordance with control signals from the control unit 33 or from the manually controlled keyboard 34. For example, the position of each annular coloured region may be modified so that the annular region moves around the screen 32, the size and colour of each annular region may be modified or the changes in the shade of the colour in each annular region may be modified. These modifications may be either continuous or intermittent and may be performed by signals from the control unit 33 or by signals from the keyboard 34 under the control of a person looking at the annular coloured region on the screen 32.

The loudspeaker unit 35 may be used to emit sounds such as music or speech to accompany the image 36 in accordance with input signals from the control unit 33. These sounds may be modified by further signals either from the control unit 33 or from the keyboard 34 under the control of the person looking at the image 36.

The computer system illustrated can be any well known type and its details are not important to the invention. The signals from the control unit 33 used to modify the selected characteristics of each annular coloured region in the image 36 can be derived from a computer program built into the control unit 33 or entered into the control unit by means of a disc or a CD ROM in a well known manner. The signals from the keyboard 34 alternatively used to modify the selected characteristics of each annular coloured region of the image 36 can be derived from keystrokes entered into the keyboard 34 by the person looking at the image 36 in accordance with an instruction manual or otherwise.

If a person looks at the screen 32 and watches the image 36 while breathing deeply and regularly during colour breathing, the person will be able to concentrate more deeply on the colour of each annular coloured region being displayed in the

image and thereby increase the benefits obtained by colour breathing. As the characteristics of each annular coloured region are modified as described above the benefits obtained by the person will change. Sounds may be emitted from the loudspeaker unit 35 to enhance the benefit derived from looking at the image 36.

In another arrangement as illustrated diagrammatically in Figure 6 a television apparatus comprises a display unit 41 with a screen 42, a control unit 43, an aerial unit 44, a video tape player 45 and a loudspeaker unit 46. In response to broadcast signals received in the aerial unit 44 and transmitted to the control unit 43 or signals received by the control unit 43 from the video tape player 45 there may be displayed on the screen 42 a moving image 47. In accordance with the invention the image 47 displayed includes at least one annular coloured region similar to the region 2 illustrated in Figures 1, 2a, 2b, 2c and 2d. Selected characteristics of each annular coloured region can be modified, as described above with reference to the computer system illustrated in Figure 5, under the control of the signals from the aerial unit 44 or the signals from the video tape player 45.

The loudspeaker unit 46 may be used to emit sounds such as music or speech to accompany the image 47 in accordance with signals received from the aerial unit 44 or from the video tape player 45. These sounds may also be modified under the control of further signals from the aerial unit 44 or the video tape player 45. A person looking at the image 47 may insert into the video tape player a video tape giving required sounds

The television apparatus illustrated can be any well known type and its details are not important to the invention. The broadcast signals received in the aerial system 44 and the signals from the video tape player 45 which can both be used to modify the selected characteristics of the annular coloured region in the image 47 are controlled respectively by the broadcaster and by the manufacturer or the supplier of the video tape or by a person selecting and using the video tape.

If a person looks at the screen 42 of the television system and watches the image 47 while breathing deeply and regularly during colour breathing, the person

will be able to concentrate more deeply on the colour of the annular coloured region being displayed in the image and thereby increase the benefits obtained by colour breathing. As the characteristics of the annular coloured region are modified as described above the benefits obtained by the person will change. Sounds as described above may be emitted from the loudspeaker unit 46 to enhance the benefit derived from looking at the image 36.

Figure 7 illustrates diagrammatically image display apparatus comprising a screen 52, a projector unit 53, a loudspeaker unit 54 and an audio tape player 55. The light beam 56 from the projector unit 53 displays on the screen an image 57 corresponding to the image in a cinematograph film or a set of slides or other form of optical system in the projector unit 53. In accordance with the invention the image 57 displayed includes at least one annular coloured region similar to the region 2 illustrated in Figures 1, 2a, 2b, 2c and 2d. Selected characteristics of each annular coloured region can be modified, as described above with reference to the computer system illustrated in Figure 5, under the control of the cinematograph film or set of slides or the optical system in the projector unit 53. The loudspeaker unit 54 may be used to emit sounds such as music or speech to accompany the image 57 under the control of signals received from the projector unit 53 or from the audio tape player 55.

The screen 52 can be two or three dimensional and can , for example, be a cinema screen, a large outdoor screen, a smaller indoor screen, an inside or outside wall of a house, an airborne surface for example on a kite, a hot air balloon or an airship, an advertising site such as a hoarding, or a screen in a medical centre or in a waiting room. The light beam from the projector unit 53 could be replaced by a laser beam in which case the projector unit 53 would be an electronic unit generating a laser beam with required characteristics.

The image display apparatus illustrated in Figure 7 can be any well known type and its details are not important to the invention. The sounds emitted from the loudspeaker unit 54 depend on any sound recording on the cinematograph film or

slides used in the projector unit 53. Alternatively the sounds can be generated by an audio tape in the tape player 55.

If a person looks at the screen 52 of the image display apparatus and watches the image 57 while breathing deeply and regularly during colour breathing, the person will be able to concentrate more deeply on the colour of the annular coloured region being displayed in the image and thereby increase the benefits obtained by colour breathing. As the characteristics of the annular coloured region are modified as described above the benefits obtained by the person will change. Sounds as described above may be emitted from the loudspeaker unit 54 to enhance the benefit derived from looking at the image 57.

Figure 8 illustrates diagrammatically a light image generating apparatus comprising an array 62 of light emitting elements 63, a control unit 64 and a loudspeaker unit 65 and an audio tape player 66. The light emitting elements 63 are supplied with signals from the control unit 64 so as to generate on the surface of the array 62 a light image 67 including at least one annular coloured region similar to the region 2 illustrated in Figures 1, 2a, 2b, 2c and 2d. Selected characteristics of each annular coloured region can be modified, as described above with reference to the computer system illustrated in Figure 5, under the control of the control unit 64. The loudspeaker unit 65 may be used to emit sounds such as music or speech to accompany the image 67 under the control of signals received from the control unit 64 or from the audio tape player 66.

The light image generating apparatus illustrated in Figure 8 can be any well known type and its details are not important to the invention. The light emitting elements can, for example, be incandescent or fluorescent light elements or light emitting diodes.

If a person looks at the array 62 of the light image generating apparatus and watches the light image including at least one annular coloured region 67 while breathing deeply and regularly during colour breathing, the person will be able to concentrate more deeply on the colour of the annular coloured region being

displayed in the image 67 and thereby increase the benefits obtained by colour breathing. As the characteristics of the annular coloured region are modified as described above the benefits obtained by the person will change. Sounds of the type described above may be emitted from the loudspeaker unit 65 to enhance the benefit derived from looking at the image 67.

CLAIMS

1. Apparatus for use in colour breathing comprising at least one object having on its surface an annular coloured region in which the shade of the colour changes progressively from the centre of the annular region to the periphery of the region.

2. Apparatus as claimed in Claim 1 in which there is only one colour in the annular coloured region.

3. Apparatus as claimed in Claim 1 or Claim 2 in which the shade of the colour increases progressively from the centre of the annular region to the periphery.

4. Apparatus as claimed in Claim 1 or Claim 2 in which the shade of the colour decreases progressively from the centre of the annular region to the periphery.

5. Apparatus as claimed in any one of the preceding claims in which the shade of the colour changes at a constant rate.

6. Apparatus as claimed in any one of Claims 1 to 4 in which the shade of the colour changes in steps.

7. Apparatus as claimed in any one of Claims 1 to 4 in which the shade of the colour changes at different rates at different radial distances from the centre of the annular region.

8. Apparatus as claimed in any one of the preceding claims in which the changes in the shade of the colour include increases and decreases in shade.

9. Apparatus as claimed in any one of the preceding claims in which the portion of the object in the centre of the annular region is of a colour different from the colour of the annular region.

10. Apparatus as claimed in any one of the preceding claims in which the portion of the object outside the periphery of the annular region is of a colour different from the colour of the annular region.

11. Apparatus as claimed in any one of the preceding claims in which the colour in the annular region is the colour associated with one of the chakras.

12. Apparatus as claimed in any one of the preceding claims in which the object is a flat sheet or disc.

13. Apparatus as claimed in Claim 12 in which the object is made of paper or card (laminated or otherwise) or of a plastic material or similar material (moulded or otherwise) or of a fabric.

14. Apparatus as claimed in any one of the preceding claims 1 to 11 in which the object is three dimensional.

15. Apparatus as claimed in Claim 14 in which the three dimensional object is made from a plastic material or similar material (moulded or otherwise).

16. Apparatus as claimed in Claim 14 or Claim 15 comprising means for illuminating the three dimensional object.

17. Apparatus for use in colour breathing as claimed in any one of the preceding claims comprising at least two objects each having on its surface a different coloured annular region in which the shade of the colour changes progressively from the centre of the annular region to the periphery of the region.

18. The use of apparatus as claimed in any one of the preceding claims during colour breathing in which the person performing the colour breathing looks steadily at one of the objects of the apparatus having an annular region of the colour being concentrated on.

19. Apparatus for use in colour breathing as claimed in any one of the preceding Claims 1 to 17 comprising means for modifying selected characteristics of the annular coloured region.

20. Apparatus as claimed in Claim 19 in which a selected characteristic is the position of the annular coloured region.

21. Apparatus as claimed in Claim 19 or Claim 20 in which a selected characteristic is the size of the annular coloured region.

22. Apparatus as claimed in any one of Claims 19, 20 or 21 in which a selected characteristic is the colour of the annular coloured region.

23. Apparatus as claimed in any one of the preceding Claims 19 to 22 comprising means for generating sounds which tend to relax the person listening to them.

24. Apparatus as claimed in Claim 23 in which the sounds are of music or speech.

25. The use of apparatus as claimed in any one of Claims 19 to 24 during colour breathing in which the person performing the colour breathing looks directly at the object of the apparatus while selected characteristics of the annular coloured region are modified.

26. The use of apparatus as claimed in any one of Claims 19 to 24 during colour breathing in which the person performing the colour breathing looks indirectly at the object of the apparatus while selected characteristics of the annular coloured region are modified

Amendments to the claims have been filed as follows

CLAIMS

1. Apparatus for use in colour breathing comprising at least two objects each having on one of its surfaces an annular region of a single colour, in which the shade of the colour changes progressively from the centre of each annular region to the periphery of the region and in which the colour of each annular region is different.

2. Apparatus as claimed in Claim 1 in which the colour of each annular region is the colour associated with one of the chakras.

3. Apparatus as claimed in either of the preceding claims in which the portion of the object in the centre of each annular region is of a colour different from the colour of the annular region.

4. Apparatus as claimed in any one of the preceding claims in which the portion of the object outside the periphery of each annular region is of a colour different from the colour of the annular region.

5. Apparatus as claimed in any one of the preceding claims in which the shade of the colour changes at a constant rate.

6. Apparatus as claimed in any one of Claims 1 to 4 in which the changes in the shade of the colour include increases and decreases in shade.

7. Apparatus as claimed in any one of the preceding claims in which each object is a flat sheet or disc.

8. Apparatus as claimed in Claim 7 in which each object is made of paper or card (laminated or otherwise) or of a plastic material.

9. Apparatus as claimed in any one of the preceding claims 1 to 7 in which each object is three dimensional.

10. Apparatus as claimed in Claim 9 in which each three dimensional object is made from a plastic material.

11. Apparatus as claimed in Claim 9 or Claim 10 in which each object is a hollow cone and the annular coloured region on each object is on the inner conical surface of the cone.

12. Apparatus as claimed in Claim 11 comprising means for illuminating one end of the inner conical surface.

13. Apparatus as claimed in any one of the preceding claims in use during colour breathing in which the person performing the colour breathing looks steadily at one of the objects of the apparatus having an annular region of the colour being concentrated on.

14. Apparatus for use in colour breathing comprising at least one object having on one of its surfaces an annular coloured region in which the shade of the colour changes progressively from the centre of the annular region to the periphery of the region and comprising means for modifying one or more selected characteristics of the annular coloured region.

15. Apparatus as claimed in Claim 14 in which a selected characteristic is the position of the annular coloured region.

16. Apparatus as claimed in Claim 14 or Claim 15 in which a selected characteristic is the size of the annular coloured region.

17. Apparatus as claimed in any one of Claims 14, 15 or 16 in which a selected characteristic is the colour of the annular coloured region.

18. Apparatus as claimed in any one of the preceding Claims 14 to 17 comprising means for generating sounds which tend to relax the person listening to them.

19. Apparatus as claimed in Claim 18 in which the sounds are of music or speech.

20. Apparatus as claimed in any one of Claims 14 to 19 in use during colour breathing in which the person performing the colour breathing looks directly at the object of the apparatus while selected characteristics of the annular coloured region are modified.

21. Apparatus as claimed in any one of Claims 14 to 19 in use during colour breathing in which the person performing the colour breathing looks indirectly at the object of the apparatus while selected characteristics of the annular coloured region are modified.

The Patent Office

Application No: GB 9912805.0 **Examiner:** L.V.Thomas
Claims searched: 1-17 and 19-24 **Date of search:** 25 August 1999

Patents Act 1977
Search Report under Section 17

Databases searched:

UK Patent Office collections, including GB, EP, WO & US patent specifications, in:

UK Cl (Ed.Q): A5K (K4, K5, K6); G2J (J13B3, J27C, J27E); G5G (G4)

Int Cl (Ed.6): A63B 23/18; G09B 19/00, 29/00

Other: Online: EPODOC, WPI, DIALOG/MEDICINE, CLAIMS

Documents considered to be relevant:

Category	Identity of document and relevant passage		Relevant to claims
X	GB 2268863 A	(LINOTYPE-HELL AG) see p.1 ll.1-23, p.3 ll.1-32, p.5 ll.1-7 and 17-36 and Figs.1 and 2	1
X	GB 1282112	(BRIDGER) see p.1 l.78 - p.2 l.5, p.2 ll.36-48 and Fig.4	1,3,6,12, 13
X	EP 0329476 A2	(CONTEX) see p.2 ll.7-16 and 52-59, p.3 ll.57-62, p.4 ll.34-42, p.6 ll.1-18 and Fig.12	1,2,4,7, 19,22
X	US 4761137	(TAYLOR ET AL.) see col.2 ll.33-46, col.3 ll.13-50 and Figs.5 and 6	1,4,6, 14-16

X	Document indicating lack of novelty or inventive step	A	Document indicating technological background and/or state of the art.
Y	Document indicating lack of inventive step if combined with one or more other documents of same category.	P	Document published on or after the declared priority date but before the filing date of this invention.
&	Member of the same patent family	E	Patent document published on or after, but with priority date earlier than, the filing date of this application.